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Contador takes giant leap
towards third Tour win pg 14

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Friday, July 23, 2010

THE MORNING NEWS

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Four days of spectacular fun with a serious purpose will take place during the upcoming Cas di Glas (House of Glass) happening September 29 thru October 3rd in front of the CILO City Lounge in the Renaissance Marketplace. Enjoy music, dance, sports, information and fun intended to generate the funds to pay for a mobile breast cancer screening unit for Aruba. This is the ultimate goal of Aruba's debut Cas di Glas, a facility allowing every woman on the island to be regularly checked and get a jump on preventing the most common form of cancer on Aruba. In fact, the island has an abnormally high percentage of breast cancer patients; higher even than the worldwide average.

Cas di Glas is an internationally known concept, in which several courageous deejays reside for days on end, living on fruits and vegetable juices while working their tails off for a good cause. The Koningin Wilhelmina Fonds (KWF) a cancer foundation that assists,

informs and helps patients to cope with their disease will be the beneficiaries of Aruba's valiant efforts. KWF's door is open to all cancer victims on the island.

Participating deejays are Cool FM's DJ101, (Albert Vrolijk) Jean Carlo Espinal and TeleAruba's Siomara Everon. During their days on display they will be doing interviews, working out and playing songs all to help raise the funds for a mobile breast cancer screening unit, which costs AWG 450.000.

Cas di Glas is the brainchild of Clown Doctors President Peter Ballière. Joining him to make it a success are Esmeralda Schotman, Alfons Linders of Media Services International, Alex Ponson of Cool FM, Kim d'Hont of CILO City Lounge, Thaisse Erasmus and Heleen Bongers of Clown Doctors along with Lillian Prince of KWF Aruba. Peter also expressed gratitude for the remarkable support he has received from local businesses, who uniformly expressed enthusiasm for this

worthy cause.

All of Aruba is invited to join the fun beginning on Wednesday September 29, when the deejays will enter their new home and kick off the four day fundraiser with some top local entertainment. Thursday evening Venezuelan reggae sensation Mulato will perform with a surprise act from a famous colleague. Friday and Saturday night expect to see an internationally known DJ and performers from Zissles. An informal Health Fair will feature booths providing a wealth of information about health, medical issues, nutrition and much more. A sports arena will have daily demonstration matches of Aruba's top soccer, volleyball and beach tennis players, which includes a beach tennis night tournament. On Sunday, when the weary DJ's finally leave their glass home, the tally will be revealed and a top international act will provide a spectacular finale.

by Rosalie Klein

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US leads calls for nations to recognise Kosovo independence

PARIS, France (AFP) – The US yesterday led calls for Serbia to accept the UN top court's support for Kosovo's 2008 independence declaration, but staunch Belgrade ally Russia rejected the ruling, saying it changed nothing.

Serbia will never recognise Kosovo's independence, despite its backing by a UN court, and will seek a new UN resolution calling for talks on the issue, President Boris Tadic said.

US Secretary of State Hillary Clinton urged all nations including Serbia to recognise Kosovo after the International Court of Justice in The Hague backed its independence from Serbia.

"We call on all states to move beyond the issue of Kosovo's status and engage constructively in support of peace and stability in the Balkans, and we call on those states that have not yet done so to recognise Kosovo," she said.

The court gave its backing to the February 2008 declaration of independence, saying it conformed to international law, despite protests by Serbia that it would never recognise the move.

UN chief Ban Ki-moon warned against any "provocative" steps in the wake of the ruling.

"The Secretary General urges all sides to avoid any steps that could be seen as provocative and derail the dialogue," his spokesman Martin Nesirky told a press briefing.

Belgrade said the ICJ verdict was nuanced, with the court not giving an opinion about the right of Kosovo to break away but on its declaration of independence.

NEW ORLEANS, Louisiana (AFP) – The US government ordered certain ships working on the Gulf of Mexico oil spill back to port yesterday, amid fears that a brewing storm could force a mass evacuation and derail efforts to plug BP's runaway well.

A full-scale evacuation could delay by up to two weeks the final operation to plug BP's runaway well, which has unleashed millions of barrels of crude on Gulf Coast shorelines in one of America's worst ever environmental disasters.

"Activities that are under way for storm preparedness include evacuating specialized vessels from the path of any severe weather to prevent damage and ensure that oil re-

covery operations can resume as soon as possible after a storm," a Coast Guard statement said.

The temporary cap on BP's ruptured oil well will stay closed even if ships evacuate the Gulf of Mexico during a tropical storm, the federal government's spill chief said yesterday.

Storm warnings were extended yesterday from the Caribbean around the Florida Keys to the Gulf Coast, but there was no immediate order from BP or the US government to suspend operations entirely and pull staff back to shore.

If the depression developing near the Bahamas takes aim at Louisiana it will delay a so-called "static kill" to seal the well with cement originally planned for this weekend.

Officials have warned it will take up to five days to get some of the biggest vessels, in particular the massive drilling platforms working on relief wells, back to port.

A full evacuation would be a huge blow for local residents who already see efforts to choke off the well as too little too late, with hundreds of miles of coastline in all five Gulf states already fouled.

US criticizes Venezuela rupture of Colombia ties

WASHINGTON (AFP) - The United States yesterday criticized Venezuela's rupture of relations with Washington's ally Colombia, saying it was not a "proper way" to address concerns in the region.

Leftist President Hugo Chavez broke off relations after Colombia, in a presentation to the Organization of American States (OAS), charged that Colombian guerrilla leaders were in Venezuela.

"We think that it's important for both countries to work to reduce mutual suspicion and to fully implement their commitments under applicable antiterrorist treaties and resolutions of the UN and OAS," US State Department spokesman Philip Crowley told reporters.

"I don't think that severing ties or communication is the proper way to achieve that end," he said.

Venezuela lae yesterday ordered Colombian diplomats to leave the country within 72

hours.

Venezuelan Foreign Minister Nicolas Maduro announced the obligatory exit of the diplomats, telling reporters a formal notification had been sent to Bogota announcing the imminent closure of the Colombian embassy.

Venezuela later called for Ecuador, which holds the rotating presidency of regional body Unasur, to call an emergency meeting of foreign ministers to "denounce the serious attacks from the Colombian government against (Venezuelan) sovereignty."

"This new attack sets the scene for a dangerous escalation," Venezuela's foreign ministry said in a statement.

The announcement marked a fresh spike in tensions between the South American neighbors, which went to the brink of war in 2008 over a Colombian military raid into Ecuador to destroy a cross-border rebel camp.



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Ruud Lubbers is new cabinet negotiator

THE HAGUE, The Netherlands -- Queen Beatrix has given former CDA prime minister Ruud Lubbers the job of working out what to do next to break the stalemate surrounding the cabinet formation process.

Two potential cabinets have failed and now, 42 days after the election, it is unclear what will happen next.

Queen Beatrix has commissioned Lubbers to 'investigate what realistic options' there are for forming a cabinet which can count on a 'fruitful work-

Unesco debates Amsterdam as world heritage site

United Nations officials are meeting in Brazil from Sunday to discuss expanding the Unesco world heritage list by 24 new sites, including Amsterdam's historic 17th century canal ring.

Opponents say a listing will hinder Amsterdam's development and turn the city center into a museum rather than a thriving, creative metropolis.

If Amsterdam is accepted, it will be the 10th Dutch item on the world heritage program.

ing relationship' with the lower house of parliament.

Lubbers will look at all the options for putting together a majority government and will brief the queen 'in the very short term.'

Lubbers was prime minister between 1982 and 1994 and headed governments involving both the VVD and Labour.

The failure of the 'purple plus' option based on the VVD and Labour means the CDA now has a crucial role in the formation process.

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Discussion on artistic formation of youngsters

ORANJESTAD -- In connection with 'Luna Cultural' - Cultural Month, the Aruba National Library is organizing a discussion on the artistic formation of youngsters. For the time being this will be on the fan page of the library's Facebook. The discussion will be under the guidance of Rosabelle Illes, a poet who a few years back published her work 'Beyond Insanity.'

At present she is studying psychology in the Netherlands.

Cultural month is in September and this year's theme is 'Halsa bo Bos' – Raise your Voice.

The Aruba National Library invites all teenagers to display/showcase/present their art projects with the aim of creating a colorful palette of expres-

sions from young people all over the island. They also invite youngsters between the ages of 13 and 19 to discuss young people's participation in cultural life and the arts with their peers and key policy-makers. Luna Cultural takes place in the library and will include arts-based workshops and discussions, concluding with a meeting between youngsters, arts policy makers, and government representatives.

The meetings will be on every Thursday in September from 7:00 to 9:30 pm. with the following program:

Thursday, Sep 2, Visual art

Thursday, Sep 9, Music

Thursday, Sep 16, Dance

Thursday, Sep 23, Theatre

Thursday, Sep 30, Literature/Café Literario



Rosabelle Illes

arts event of any kind, in or out of school, and wish to host a local discussion, workshop or other activity that is related with the theme of Luna Cultural 'Halsa bo bos', please advise the library. If you have no event planned, but wish to initiate a discussion, workshop or other activity in your school or group, the library would also like to hear about it. If you are a policy-maker with a special interest in the area of young people, cultural life and/or the arts, and interested in participating in this event, please contact Gina at the National Library

All suggestions about how to get involved should be addressed to g.jie-sam-foek@bibliotecanacional.aw.

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get to express your conditions, which is often related, and a reflections of your surroundings.

On July 23rd Art Rules Aruba will launch their community service campaign presented by Aruba Bank. During this campaign the Art Rules Aruba students go in the neighborhoods of Aruba offering their services. Divided into several groups each team has created its own theme for the campaign utilizing specific discipline, not only offering facilities but also doing it in a creative way. Showing that community service is not only about offerings traditional help but also about personal aid.

Group 1

Lets put Aruba on the map! The photography students will collaborate with the film students, creating promotional materials for local businesses both in San Nicolas and Oran-

jestad. The students will take creative shots of local companies on the island creating an online portfolio that will be linked to googlemaps.com. Making it possible for all these businesses to be found through satellite live on the Internet all over the world!

Group 2

Transform your space

The Rap & Poetry, DJ and Fashion class will collaborate with the Biblioteca Nacional Aruba by cleaning up the outdoor stage of the Library located at the back of the building. A Mural will be painted on the stage wall, transforming the space into a creative and friendly space for everyone to feel comfortable in and showcase their work. In addition to this campaign Art Rules Aruba will also help promote the 'Luna Cultural' project which will take place in September.



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Venezuela cut ties with Colombia

CARACAS, Venezuela - Venezuela's President Hugo Chavez broke relations with Colombia yesterday, over accusations by the neighboring country that his government tolerated the presence of Colombian rebels.

"We have no other choice but, out of dignity, to totally break our relations with our brother nation of Colombia," Chavez said live on television.

Colombian has recalled its ambassador "to evaluate the situation," officials said.

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(near the main downtown bus terminal)

- Back then the New York Times was air-lifted daily to Aruba originally for employees of the American-owned refinery. Later one could buy it at The Carib (now the Radisson) and later at Manchebo. One day, an employee at the De Wit Store at Manchebo, asked a longtime purchaser of The Times if she would help explain about postage stamps to a tourist who was sending post cards back to the States. She had put U.S. stamps on them and wanted to know where the mailbox was. The 2 women tried to explain that she needed Aruban stamps. She insisted not.

When asked what stamps she would put on her cards if she were in Paris, France, she replied that she would never go to Paris, France. She handed over the cards to the woman and told her to take care of it. They were held for 3 days lest she came back for them. They ended up in the waste paper basket.

* * *



- Back then travel agents in the U.S. learned to suggest that tourists go to the neighboring island of Curaçao first before heading to Aruba because it was busier there. Aruba was just too quiet and Americans needed to unwind a bit before heading to paradise. A tourist, who had not, asked a local how long does it take to drive to Curaçao.

She was not the same woman who asked if there was water all around the island. Or the one who stood up at an orientation meeting and insisted that something had to be done to stop the wind. Not a joke, folks, she was deadly serious. Another tourist finally ended her harangue by "suggesting" she stay in her room.

* * *

- The cooling tropical winds coming across Aruba have been a mainstay of the lifestyle of the island. Back then, before air conditioning, houses were built facing east, the sunrise side, in order to let wind inside to cool the house.

Most often, the front door opened into a wide hallway reaching all the way to the back of the house to let the wind through. The wind also made a landmark of the divi-divi tree. These trees grow straight up from the ground for about seven to nine feet when the leafy crown then streams out horizontally toward the west. Tourists who were concerned about getting lost while driving in the cunucu (countryside) were told to look for a divi tree and follow its direction which leads to the hotels.

* * *



- In a grocery store, later enlarged to supermarket status, a visitor was horrified to see cartons of eggs stacked on the floor between shelves of canned goods. They must be refrigerated, she yelled. A local woman told her, gently, that those eggs had just been gathered within the hour from the Chinese-owned poultry farm and couldn't be fresher unless you ate one straight from the hen itself.

Back then Arubans who did not go to the farm knew when the eggs arrived in the stores. In a very short time they were all sold.

* * *



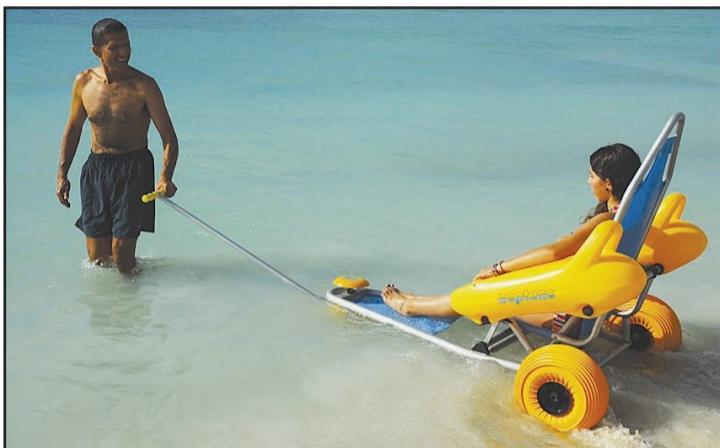
- A Saudi prince and his entourage came to Aruba to participate in a yacht competition. His body guards dressed in Western attire; suits, shirts and ties, not in the traditional robes of their homeland. They prayed the required number of times a day on prayer rugs on the lawn near the beach bar at the Carib.

No one had the courage to tell them that their guns, holstered inside their unbuttoned jackets, were highly visible as they knelt in prayer. Nor did any one have the courage to ask if west, the direction to which they prayed, was in fact the direction to Mecca.

The prince so enjoyed Aruba he considered building a home here. His advisors suggested that the island was too small for the home he imagined.

* * *

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Report: Workers on doomed Gulf rig feared for safety

WASHINGTON (AFP) - Workers on the doomed Deepwater Horizon oil rig expressed concern about its safety in a confidential survey, but feared they could lose their jobs if they were openly critical, the New York Times reported yesterday.

In the survey, commissioned by the rig's owner Transocean in the weeks before the disastrous April fire and explosion on the oil platform, some workers said they "often saw unsafe behaviors on the rig."

Others complained about poor equipment reliability "as a result of drilling priorities taking precedence over planned maintenance," according to the survey, obtained by the daily.

"At nine years old, Deepwater Horizon has never been in dry dock," one worker sur-

veyed said. "We can only work around so much."

A spokesman for Transocean confirmed that "there was a report/assessment," but added that "we do not have anything to add at this time."

The survey was conducted by a division of Lloyd's Register Group, a maritime and risk-management organization that dispatched two investigators to

inspect the rig March 12 through 16. They conducted focus groups and one-on-one interviews with at least 40 Transocean workers.

The report described workers' concerns about safety and fears of reprisals, but added that the rig was "relatively strong in many of the core aspects of safety management."

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PG-13	INCEPTION	8:00	late show:	11:00
NEW	daily: matinee:			
R	UNTHINKABLE	6:45	9:00	late show: 11:15
NEW	daily: matinee:			
PG	MONSTERS VS ALIENS	12:00	14:15	4:30 late show:
NEW	daily: matinee:			
PG	DESPICABLE ME 3D	12:00	2:15	4:30 late show:
	daily: matinee:			
PG	THE SORCERER'S APPRENTICE	12:30	3:00	5:30 late show: 8:00
	daily: matinee:			
PG	THE KARATE KID	12:15	3:15	late show:
	daily: matinee:			
PG-13	GROWN UPS	12:00	2:30	4:45 7:00 late show: 9:15 11:30
	daily: matinee:			
PG	TOY STORY 3 3D	12:30	3:00	5:30 late show:
	daily: matinee:			
R	PREDATORS	1:30	6:30	9:00 late show: 11:50
	daily: matinee:			
PG	THE LAST AIRBENDER	6:45	9:00	9:00 late show: 11:15
	daily: matinee:			

AT PASEO HERENCIA

PG-13	SALT	Starting Monday July 26TH		
NEW	daily: matinee:	4:15	6:30	8:30
			late show:	11:00
G	THE PRINCESS AND THE FROG	12:00	2:00	late show:
	daily: matinee:			
PG	DESPICABLE ME 3D	12:15	2:30	4:45 late show:
	daily: matinee:			
PG	THE SORCERER'S APPRENTICE	1:00	3:45	6:15 late show: 8:45
	daily: matinee:			
PG	THE LAST AIRBENDER	7:00	9:15	9:15 late show: 11:15
	daily: matinee:			
PG-13	GROWN UPS	12:00	2:30	4:45 7:15 late show: 9:30 11:45
	daily: matinee:			
PG-13	KNIGHT & DAY	6:30	9:00	9:00 late show: 11:30
	daily: matinee:			
PG	THE KARATE KID	12:30	3:30	late show:
	daily: matinee:			
PG-13	TOY STORY 3 3D	1:30	4:00	6:30 late show:
	daily: matinee:			
PG-13	THE TWILIGHT SAGA: ECLIPSE	9:00	11:45	9:00 late show:
	daily: matinee:			

DISPICABLE ME - Comedy/Fam: In a happy suburban neighborhood, sits a black house with a dead lawn. Unbeknownst to the neighbors, hidden beneath this home is a vast secret hideout. Surrounded by a small army of minions, we discover Gru planning the biggest heist in the history of the world. He is going to steal the moon, yes, the moon. Gru delights in all things wicked. Until the day he encounters the immense will of three little orphaned girls who look at him and see something that no one else has ever seen: a potential Dad.

Science/Tech

Facebook's Half Billion Users: Fun Facts



day. I'd say Facebook is the safer bet.

Where's Facebook?

O'Reilly Radar. About 17 percent of Europeans are Facebookers, 2.3 percent of people living in Asia use Facebook. But nobody does Facebook like the people living in Oceania (also known as Australia and surrounding island nations). The region makes up just 2.3 percent of Facebook's user base, but 40.3 percent of Oceania's population like Facebook. (Click chart to enlarge)

Bigger than AOL ever was

AOL may have helped connect people online in the early days of the Internet, but even during its heyday AOL was one-fifteenth the size that Facebook is today. Amazingly, Facebook put AOL to shame without any free CD giveaways.

Worth Fifty

Facebook's estimated value ranges somewhere between \$22 and \$25 billion, based on the current trading price of private Facebook stock. Since Facebook derives virtually all its value from collecting massive amounts of data from its 500 million users, each of Facebook's 500 million users contributes about \$50 or 500 Facebook credits to the company's value.

Half a billion people around the world are now using Facebook on a monthly basis. That means Facebook has a slightly smaller population than the continent of North America. The social network also has enough users to put 75 people on every one of the over 6.6 million square miles of Russia, the largest country in the world by landmass.

But what other fun facts can we glean from Facebook's 500 million user milestone? Here are five fun and interesting facts for you to ponder about the world's largest social network and most popular Website.

Facebook Nation

If Facebook were its own country, it would be the third most populous nation in the world behind China and India--both countries have

populations north of one billion people. But with well over 60 official languages, and a few fun dialects like Pirate English, few countries can beat out Facebook when it comes to multinational identity. Arrrr.

Will Facebook outpace the PC?

There are well over one billion computers in use in the world today, which is twice the number of Facebook users. In 2008, research firm Gartner predicted there would be two billion active computers in the world by 2010. Assuming that both will still be going strong in three years, who will get to two billion first, the PC or Facebook? With over 150 million mobile users, and more people jumping on the Facebook bandwagon every

→ **In the Village**
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**Too much salt...**

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- * Impairs lung function and worsens asthma symptoms

- * Could increase your risk of dying from stroke by 89 percent and from heart disease by 44 percent

Too much sugar...

- * Can widen your waistline and lead to obesity, because high-sugar foods are often high in calories. Obese people have a much higher risk of developing type 2 diabetes and heart disease.

- * Contributes to cavities. The sugar mixes with the

bacteria in your mouth to make acids, which eat away dental enamel and cause tooth decay.

You can cut back without sacrificing taste. Here's how:

STOP SALT

Add cinnamon and dried berries or apricots to your breakfast cereal.

Instead of using syrup on pancakes and waffles, make a raspberry sauce by mixing 1 cup berries with 1 tsp. cinnamon and cooking until thickened.

If a dessert recipe calls for 1 cup of sugar, swap in ½ cup fruit puree (make your own using apples, prunes or pears, or use jarred baby food).

For a hint of flavor in rice, throw a cinnamon stick or a pinch of cardamom or ginger

into the pot before the water begins to boil.

Add a touch of sweetness to cooked veggies. Carrots pair well with ginger; mashed sweet potatoes with cinnamon; spinach with a touch of nutmeg.

STOP SALT

Rinsing canned vegetables under cool running water reduces their sodium content by about 40 percent, according to The American Dietetic Association's Complete Food and Nutrition Guide. The same holds true for other canned foods, including beans, tuna and chicken.

Roast veggies by tossing them with a few teaspoons of olive oil, some lemon juice, a small pinch of salt and a few dashes of pepper. Bake for 15 to 20 minutes at 400°F, or until lightly browned, stirring every 5 minutes.

Cut back on taco seasoning. Use only half the packet that comes with a kit. Then punch up the dish with chili powder, ground cumin, onion powder or your favorite spice mix.

If you sprinkle a little dried thyme into your scrambled eggs, you won't be tempted to pass the salt shaker over them.

Along with your regular spaghetti sauce, buy a low-salt variety. Mix them together, then gradually phase out the saltier one.

Tip: Start Migraine Care Immediately

Migraines are severe headaches that may be accompanied by nausea, vomiting and a sensitivity to light and sound.

The National Women's Health Information Center offers these suggestions for what to do as soon as migraine symptoms begin:

- * Promptly take migraine medication that your doctor has prescribed.

- * Drink plenty of fluids, as long as you don't feel nauseated.

- * Lie down and relax in a room that's quiet and dark.

- * Drape a cool cloth across your forehead.

- * Gently massage the area of your head that's painful.

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Vitamin E May Protect the Lungs



People who take vitamin E supplements regularly for years—whether they are smokers or nonsmokers—may lower their risk of chronic obstructive pulmonary disease (COPD), the lung condition that is the fourth leading cause of death in the United States.

COPD includes emphysema and chronic bronchitis and is often, but not always, caused by smoking.

While the risk reduction is relatively small, 10%, COPD is a common and life-threatening condition in which a decline in lung function can be slowed down but not reversed. COPD symptoms include shortness of breath, coughing, and fatigue.

"The effect appears to be modest. But for something for which there isn't really any effective therapy and tends to be a degenerative condition, anything that would reduce the risk even somewhat is not an insubstantial benefit," says Jeffrey B. Blumberg, PhD, a professor of nutrition at Tufts University in Boston who was not involved in the study.

The research, from the government-funded Women's Health Study, included 39,876 women 45 years and older who were free of COPD before they were randomly assigned to take a placebo, vitamin E supplements (600 IU every other day) or aspirin (100 mg per day), either alone or in combination. At the end of 10 years, 760 of the 19,937 women who took vitamin E alone or with aspirin developed COPD compared with 846 of the 19,939 who took a placebo or aspirin alone—a 10% risk reduction. Vitamin E did not lower the risk of asthma, a condition associated with a higher risk of COPD.

The researchers took into account factors such as cigarette smoking and age, which can affect COPD risk. The study, conducted by Cornell University and Brigham and Women's Hospital researchers, is to be presented this week at the annual American Thoracic Society meeting in New Orleans.

The idea that vitamin E can reduce the risk of developing COPD is "biologically plausible," says Yvonne Kelly, PhD, an associate professor in the department of epidemiology and public health at University College London. Experts believe vitamins A, C, and E—the so-called ACE antioxidants—combat oxidative stress in the lungs that can lead to COPD.

Air travel no threat to heart conditions

LONDON-- Air travel poses no threat to those with heart conditions, and even those with serious heart disease can fly if precautions are made, British researchers say.

The new guidance, published in the journal Heart, says the main impact of air travel is breathing in air with a reduced oxygen content -- resulting in lower circulating oxygen levels in the blood -- in a pressurized environment, known as hypobaric hypoxia.

Air passengers already at high risk of angina, heart attack, heart failure or abnormal heart rhythms may be adversely affected by hypoxia, but the blood oxygen levels induced by flying "appear to have little or no adverse circulatory effects" and certainly not for short- and medium-haul flights, the

guidance says.

There are also "airport stresses" such as security, the threat of terrorism and luggage handling that can impact cardiovascular health, but most airports provide "excellent services" to assist those with health problems or disabilities, the guidance adds.

Passengers with more serious forms of cardiovascular disorders can fly, but they should be sure to take their medication, don't overexert themselves and access in-flight oxygen and airport assistance, if necessary, the guidance advises.

The guidance points out that long flights double the risk of deep vein thrombosis -- blood clot -- but the risk is similar to that incurred during a long car, bus or train trip.



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Map of Aruba showing streets and landmarks:

- Boliviastraat
- Koningstraat
- Vlietstraat
- Weststraat
- Paardenbaaistraat
- Numismatik Museum
- Main Bus Terminal
- To Hospital and Hotels
- Ruizstraat
- Weststraat
- Cruise Ship Terminal

Downtown

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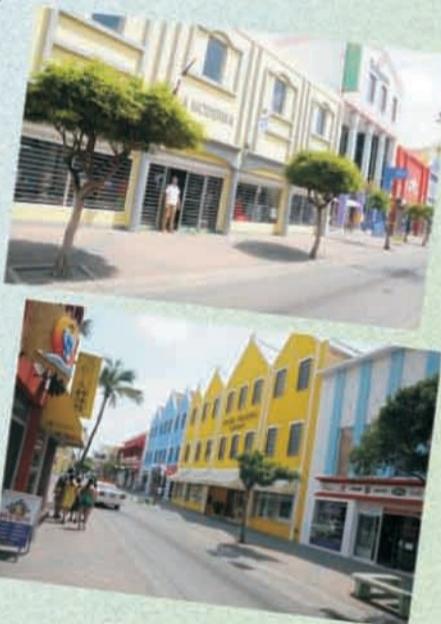


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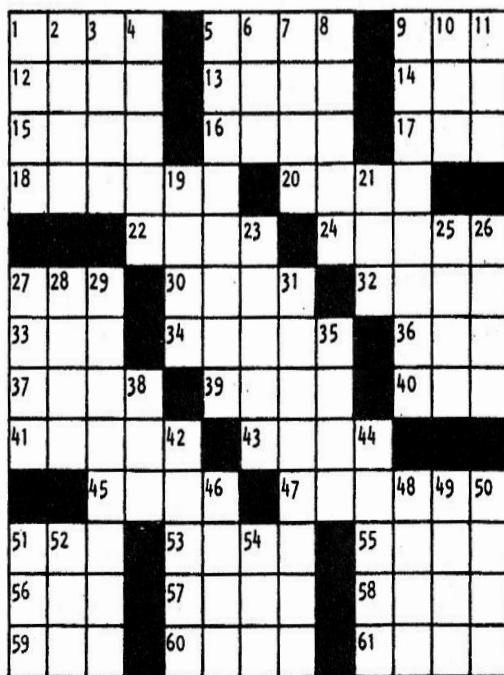


CROSSWORD

- ACROSS**
- Kiss and ___
 - Wood strip
 - Cow sound
 - Notion
 - Angel's wear
 - Footed vase
 - Jungle king
 - First man
 - Suits to a ___
 - Not tough
 - Transmitted
 - Uses a straw
 - Trickles
 - Owns
 - Harvest
 - Threesome
 - Not at home
 - Go in
 - House wing
 - Verbal
 - Fodder tower
 - Fourth letter
 - Peeled
 - African waterway
 - Rip
 - Basement
 - Chum
 - Ms. Moreno
 - Measured bit
 - Ripen

- DOWN**
- Pinball foul
 - ___ Adams
 - Boxer Spunks
 - Countries
 - Hones
 - Young boy
 - Woe is me!
 - Large books
 - Grumbled
 - Raw metal
 - Singular number
 - Irish republic
 - Fish snare
 - Shiny fabric
 - Heap
 - Shoe bottom
 - Hula ___
 - Ambience
 - Surprised
 - Louisiana birds
 - Actor's part
 - Majors or Horsley
 - Ventured
 - Senior

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SOLUTION

3	7	9	6	2	4	1	5
1	5	4	3	7	8	2	6
6	2	8	1	9	5	7	3
9	1	6	9	5	1	8	4
7	3	6	2	7	3	6	2
4	8	2	1	4	8	7	6
5	9	1	3	5	1	9	4
2	6	3	5	1	9	4	8
8	4	7	2	6	3	5	9

Complete the grid so that every row and every column contains the numbers 1 through 9. A number is Never repeated in a row or column. In addition every rectangle must contain the numbers 1 through 9.

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			2		3			
	3	5	1	9	4			
5	9	1	4	8		6		3
8		7			9	1		
7	6				8		2	
	1	5			2		7	
6	8		9	5	7	3	4	
	4	3	7	8	2			
	6	4						

3	7	9	6	2	4	1	5
1	5	4	3	7	8	2	6
6	2	8	1	9	5	7	3
9	1	6	9	5	1	8	4
7	3	6	2	7	3	6	2
4	8	2	1	4	8	7	6
5	9	1	3	5	1	9	4
2	6	3	5	1	9	4	8
8	4	7	2	6	3	5	9

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YESTERDAY'S Crossword Answer

PUZZLE 137



Optimism returns to markets, European shares soar

LONDON, England (AFP) - European stock markets brushed aside weak US labour data yesterday and instead followed strong US corporate results, with banks in the lead on expectations they have passed crucial tests on their financial well-being. The euro also rose sharply on higher-than-expected eurozone data.

Investors likewise set aside remarks from US Federal Reserve Chairman Ben Bernanke that the outlook for the US recovery was "unusually uncertain."

Most of the gains in Europe occurred after the open on Wall Street where sentiment was supported by news that

sales of existing US homes declined in June but not as sharply as had been expected.

The report complemented news that US corporate giants AT&T, Caterpillar and 3M had surpassed second quarter earnings expectations.

Analysts also pointed to indications of strong eurozone private sector activity in July and an increase in industrial orders in May from April.

In London, the FTSE 100 index added 1.90 percent to close at 5,313.81 points while in Paris the CAC 40 gained 3.05 percent to 3,600.57 points. The Frankfurt DAX was up 2.53 percent at 6,142.15 points.

Elsewhere, Milan jumped

2.76 percent, Madrid 2.61 percent and Amsterdam 2.71 percent.

"Risk appetite made a sharp return today as equity markets shrugged off the 'unusual uncertainty' of Bernanke's comments ... (and) rallied on a number of factors, focusing on company earnings and better than expected economic data out of Europe and the UK," said analyst Michael Hewson of CMC Markets. Banks were well-supported, partly on an expectation that the larger banks should pass today's stress tests without too many problems."

Authorities in a number of eurozone countries have voiced confidence that their

banks will be shown to be adequately capitalized and therefore strong enough to cope with another global crisis.

In Paris, Credit Agricole jumped 5.55 percent, Societe Generale 5.08 percent and BNP Paribas 4.76 percent.

Banking shares in Germany, Spain and Portugal also recorded significant gains.

On Wall Street, in afternoon trading, the Dow Jones industrial average rose 206.54, or 2 percent, to 10,327.37. The Standard & Poor's 500 index rose 23.66, or 2.2 percent, to 1,093.25, while the Nasdaq composite index rose 52.55, or 2.4 percent, to 2,239.88.

Nearly seven stocks rose

for every one that fell on the New York Stock Exchange, where volume came to 565.6 million shares.

Earlier, the Labor Department reported that new claims for US unemployment benefits rose more than expected last week, after two weeks of sharp declines linked largely to seasonal layoffs.

But Charles Schwab & Company in a note to clients said: "A larger-than-forecast increase in US weekly initial jobless claims is being overshadowed by a plethora of better-than-anticipated earnings reports in the US and a slew of favorable economic releases in Europe."

How to write attention-grabbing, money-making free reports -- part 5--

by Ken Varga



Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed attitude.

Ok. Let's continue from the last TIP. Remember we talked about Wayne's catering business.

Let's now go over the other complimentary business that Wayne created.

Every one of you reading this article have complementary businesses you can create.

I hear you attorneys and accountants saying, "no way."

Well let's talk about that. What kind of complementary business can they have?

You can work out a joint venture deal with other businesses, and endorse your customers to that business.

Enough said.

Let's get back to Wayne.

The other business he had was a gift basket business.

Wayne's customers were local. But here's how Wayne could go international if he wanted.

He could create a free report that, you guessed it, "Free re-

port Reveals the five questions you should ask when you order a Gift Basket, that gift basket sellers don't want you to ask.

But, let me side track here a minute and discuss something else that to me is of paramount importance to any business or practice.

Wayne was in a very unique situation, in that his current customers purchased gift baskets for Wayne to ship all over the United States.

Not only did Wayne have a data base of the customers who ordered these baskets, but also now had the names of the customers he was shipping to...PURE GOLD.

The customer that he was shipping the Gift Basket to, with a little bit of massaging and creative Marketing, could also become one of Wayne's Customers.

How could he accomplish this?

One way would be to put a flyer in each basket that was ordered, showing some samples of the different types of gift baskets he could create, and then to include a 25% discount coupon for the first order.

But let's take it one step further.

Wayne could also include a letter.

This letter could read something like:

"Hi John & Debbie,

Phil SIMMs thought so much about you both, that he ordered this beautiful Gift Basket for your Anniversary.

I know that you both order Gift Baskets for other people, so I'm enclosing a 25% discount coupon for you to use when you order your next Gift Basket.

Since we have customers throughout the United States you never have to worry about shipping.

I'm sure that you will agree with Phil, that my Gift Baskets are very unique.

Since there are many inferior Gift Basket providers I'm also enclosing a report I created, "The Five Questions you need to ask when you order Gift Baskets." I know you'll find it very interesting reading.

I look forward to having you as a First Time customer and I will personally Guarantee your Gift Basket, whenever you order it.

Sincerely,

Wayne"

P.S. I know you will enjoy the (describe one or two of the items in the Gift Basket, in a mouth watering description.)

First of all, what does Wayne have to lose by sending the above with each order? Absolutely nothing!

But his gain would be more and more new customers.

And what's his expense?

A few printed pieces of paper.

I hope this Tip has given you a lot of ideas, and I look forward to visiting with you in the next Tip.

To your success,

Ken Varga

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Steak on a Stone - Le Petit Café's specialty



Welcome to Le Petit Café

In a time when dining choices and critiques are based on value for your dollar, an old favorite, Le Petit Café, still offers one of the best values not only in price, but quality, quantity and ambiance.

Le Petit Café in Palm Beach offers charming surroundings reminiscent of a European outdoor café. Surrounded by Old World gaslights and an abundance of flora, it provides a delightful and romantic setting.

The Early Bird special offers a choice of a full sized

in particular is excellent; extremely moist and tasty. A thick cut of filet mignon usually requires cutting into smaller sections to cook fully, especially if your preference is medium-well to well done.

Le Petit Café is particularly well known for its "Land and Sea" specialty, filet mignon and lobster tail; a gourmet treat when served

in their signature fashion. The restaurant also offers a diverse menu of pastas and tempting gourmet appetizers such as seafood crepes, crispy calamari, and escargot. For family members in the mood for something different there are several dishes to choose from, such as chicken parmesan, so a large family with different ideas of what they want for dinner can easily be accommodated.

We all know that breakfast is the most important meal of the day, and Le Petit Café has also long been famous for the



Fish on a Stone

chicken breast, a hefty portion of filet mignon or fresh grouper fillet accompanied by a well-stuffed baked potato, rice or french fries. There is a choice of soup or salad as a starter, and ice cream for dessert, all for a modest \$21.50; an unbeatable price for a great meal on Aruba!

Cooking your main course on the stone is a supremely healthy method of preparation, seasoned to perfection and using no fats or oils. Fish

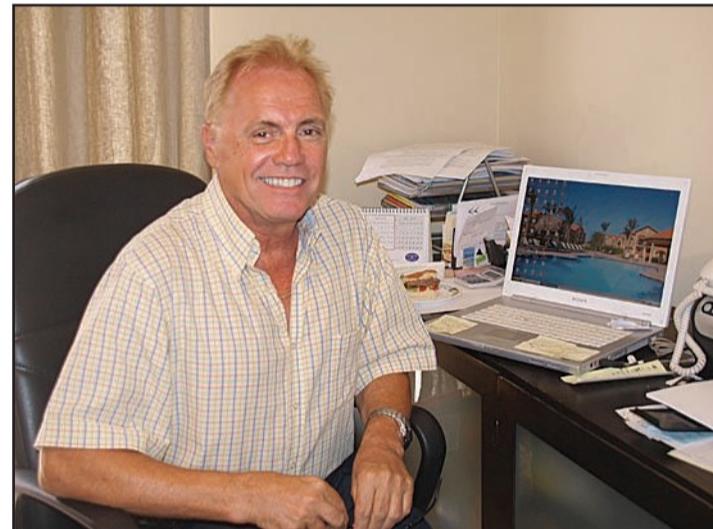
best value for breakfast on Aruba. They still offer an American breakfast for \$6.95 and a full breakfast buffet for \$10.95, another unbeatable value!

Le Petit Café is also located in the Paradise Beach Villas, so whether you are staying in Oranjestad, Palm Beach or Eagle Beach, a La Petit Café restaurant can be found only a short stroll away from you resort, a perfect way to begin or end your day!

A letter to the editor about Gold Coast Aruba



Main entrance of Gold Coast



Ed Malone

Good day,

My husband and I are very excited about having just made a down payment on the vacation home on Aruba we have always dreamed of, and we wanted to share our thoughts with others who may be considering taking this step. We selected a property at Gold Coast Aruba for many reasons, and are writing you because our interest came from an ad we saw in your paper.

We have visited Aruba on several occasions and have always been sorry to leave. We previously owned a second home at the Jersey Shore, and it gave us great enjoyment, but really only a few months of the year. For less, we can now count on wonderful weather in our vacation home at any time. This was a major attraction.

We were first attracted to the design of Gold Coast, the obvious pride the developers had in their project, and their understanding of all our concerns about owning a property far from home, which they took great pains to address.

It wasn't only the 24-hour security and the beautiful layout of the homes and community but also the expense and

pressed with the physical aspects of Gold Coast already, the services were likely a deciding factor. We found their Manchbo model town house perfect for our needs, though we were very impressed with their villas and the style and informal elegance of décor offered by their interior decorator. I love the giant walk in closets in the master bedroom, they must have surely had a women's input when they added those!

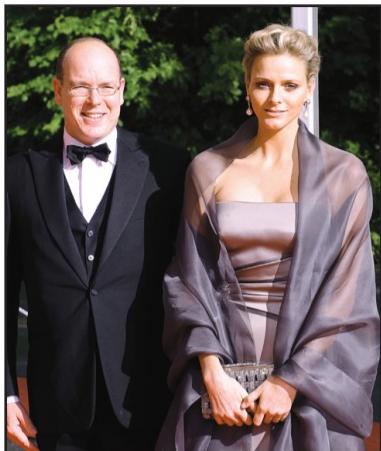
Before making our final decision we spoke to some people we know on Aruba, mentioning that the kitchens at Gold Coast are done by Alno and the bathrooms by Banjolux, local vendors. They told us they are absolutely top-notch, considered two of the most exclusive quality vendors for these things on Aruba. We appreciate they are not mass produced, as well as the sturdy construction we observed in the rest of the homes. My husband noticed he could not hear us walking around while I was touring the bedrooms and he was sitting down in the living room.

We knew we wanted to purchase another home as a get-away and possible retirement residence for some time, but were dithering because we just couldn't decide if we really wanted to go back to the shore, and Gold Coast provided us with the perfect solution. We love Aruba, and the community offered us the peace of mind we needed to decide to purchase a home here. We just wanted others to know this option is now available and worth investigating.

Yours Truly,

Eve and Howard Rappaport
West Orange, New Jersey

Monaco's Prince Albert II to marry in July 2011



(FILES) Prince Albert II of Monaco (L) and 32-year-old South African Olympic swimmer Charlene Wittstock

MONACO (AFP) — The crown prince of Monaco, Albert II, will marry his South African fiancee Charlene Wittstock in July next year, the Mediterranean statelet's royal household announced Thursday.

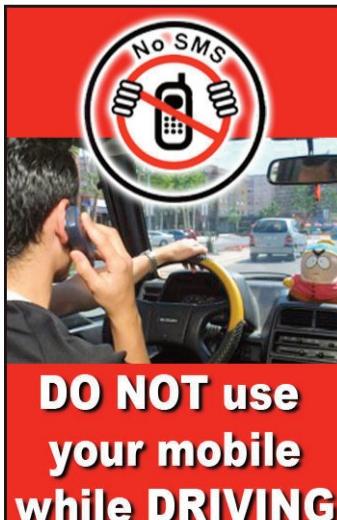
The couple will tie the knot in a civil ceremony at the palace on July 8 and then hold a religious service the following day, a statement said. The venue of the church event will be announced at a later date.

Prince Albert is the 52-year-old son of the late Prince Rainier III and the Hollywood actress Grace Kelly and has ruled Monaco -- a Mediterranean city state and millionaires' playground -- since July 2005.

Wittstock is 20 years Albert's junior, an Olympic swimmer and schoolteacher who met the prince in 2000 after she won gold in the 200 metre backstroke at a Monaco swimming meeting he was hosting.

The pair appeared together socially at the 2006 Winter Olympics in Turin, at the Monaco Grand Prix and at this year's Swedish royal marriage on June 19.

Their formal engagement was announced four days later, and the formerly rather media-shy South African has



begun to make carefully controlled media appearances.

Rainier's marriage to Kelly in 1956, in which her Hollywood star power met his European aristocratic pomp, was one of the society events of the decade and royal-watchers are keenly awaiting Albert's nuptials.

Soon to lose his status as one of Europe's most eligible bachelors, Albert has a reputation as a playboy prince, and Monagesque constitutionalists will hope the marriage produces a royal heir.

With a fortune estimated at some two billion euros (2.4 billion dollars), the prince has been seen with a string of beautiful women over the years.

But, while he has fathered two children -- a girl and a boy who were officially recognised after he had acceded to the throne -- neither can succeed him as Monaco's laws require its rulers to be born in wedlock.

The children are Jazmin Grace, 20, whose mother Tamara Rotolo is a former American waitress and Alexandre Coste, six, with a French-Togolese former flight attendant, Nicole Coste.

Given the constitutional urgency, some have wondered why it took so long for Albert to confirm the engagement.

Monaco, a super-rich enclave on the Riviera coast surrounded on its landward side by France, covers only 200 hectares (494 acres). It is home to 32,000 permanent residents, only 8,000 of them full citizens.

Low tax rates, a luxury yachting marina and a famed casino have attracted many wealthy expatriates, and around 36,000 mainly French non-residents arrive every day to work in its tourism and financial services businesses.

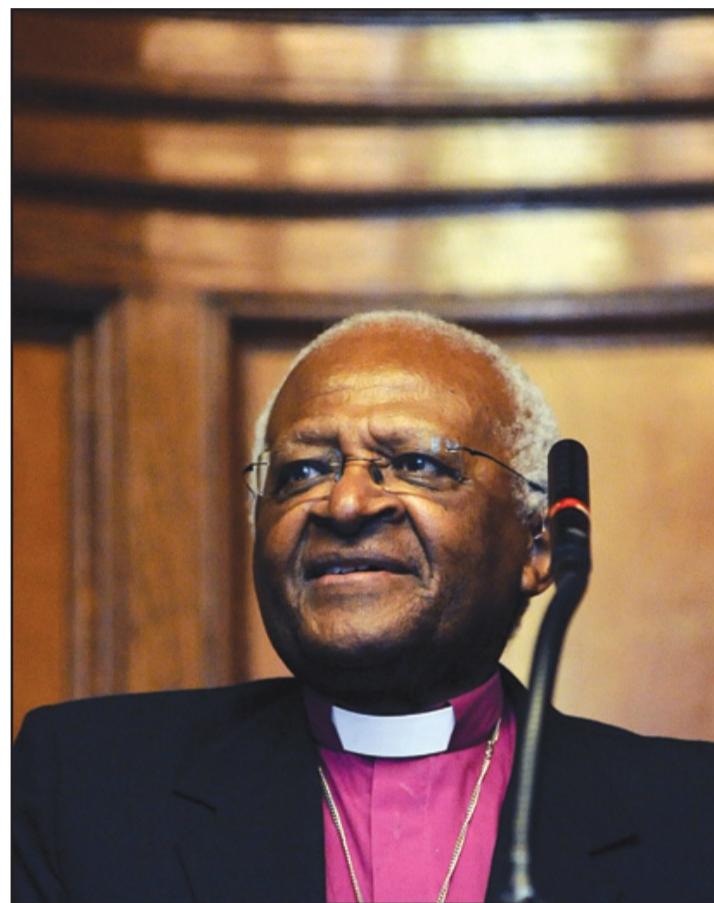
Albert rules as head of state, supported by a senior French civil servant and a government of four senior advisers.

Born in Bulawayo, Zimbabwe, Wittstock competed for South Africa in the Olympics in Sydney 2000, and won three golds in the 2002 swimming World Cup.

Her profile rose further when she appeared in a swimwear photo shoot by Sports Illustrated magazine, but she has complained in the South African press of media intrusion into her private life.

Prince Albert is a fellow Olympian, having competed in five Olympic games as a member of his country's bobsleigh team.

Desmond Tutu, nearing 79, bows out of public life



Desmond Tutu

JOHANNESBURG (AFP) — Archbishop Desmond Tutu announced yesterday he was withdrawing from public life after decades at the forefront of the struggle against apartheid and injustice around the world.

"I have done as much as I can and need time to do things I have really wanted to do. I do want a little more quiet," the Nobel laureate told a press conference at St George's Cathedral in Cape Town.

"On October 7, I turn 79 years old, and withdraw from public life," he said.

"Instead of growing old gracefully, at home with my family -- reading and writing and praying and thinking -- too much of my time has been spent at airports and in hotels," he added.

"The time has now come to slow down, to sip Rooibos (red bush) tea with my beloved wife in the afternoons, to watch cricket, to travel to visit my children and grandchildren, rather than to conferences and conventions and university campuses."

"Existing diary appointments will be honoured, but no new appointments will be added to my schedule."

"As Madiba said on his retirement: Don't call me; I'll call you." Tutu added, calling Nelson Mandela by his clan name.

But he said that he would continue to work with The

proved indefatigable in leading the Truth and Reconciliation Commission to uncover the horrors of apartheid-era abuses.

He never shied away from shining a spotlight on modern South Africa's failings, while travelling the globe to promote peace efforts from the Middle East to the Solomon Islands in the South Pacific.

"He is the voice that we are going to miss, the voice of moral authority. He will be missed among all South Africans," said Aubrey Matshiqi, a political analyst at the Centre for Policy Studies.

"He has done a lot for the country and the church, using his position to highlight the plight of the country during apartheid," he said.

"He deserves a break, but I don't think he would be able to fully retire from the matters of the country."

Tutu maintains a relentless public schedule, right up to his announcement Thursday.

On Wednesday he and fellow Nobel laureate Shirin Ebadi led hundreds of rights groups in urging Senegal to try exiled Chadian dictator Hissene Habre for mass murder and torture.

On Tuesday, he wrote in The New York Times to urge US President Barack Obama to increase AIDS funding, and joined a UN commission to look into new ways of preventing HIV infections.

But Tutu said he looked forward to having time to dote on his wife Leah. They married in 1955 and have four children. "Marrying Leah was the best decision I made in my life," he said. "Now I will have the time to serve her hot chocolate in bed in the mornings, as any doting husband should."

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Contador takes giant leap towards third Tour win



Yellow jersey of Overall leader, Spain's Alberto Contador climbs ahead of white jersey of Best Young, Luxembourg's Andy Schleck (L) at the Col du Tourmalet pass during the 174 km and 17th stage

COL DU TOURMALET, (AFP) - Spaniard Alberto Contador took a huge step towards a third yellow jersey triumph after matching a series of attacks from Andy Schleck on the Tour de France 17th stage Thursday.

Schleck began the final climbing stage of this year's race, a 174km ride from Pau to the Col du Tourmalet in the Pyrenees, with an eight-second deficit to Spain's two-time winner in the race for the yellow jersey.

But despite staying faithful to his promise of attacking Contador throughout the 18.6km slog to the summit of the fog-shrouded Tourmalet, stage winner Schleck finished with Contador sitting comfortably on his wheel.

"I gave it everything today, I tried to attack, I changed rhythm several times to try and drop him and I just couldn't," said Schleck, who applauded Contador's gentlemanly conduct at the end.

"In the end I have to say respect to Alberto because he didn't sprint (for the finish) at the end."

Astana team leader Contador will retain his eight-second lead over the Saxo Bank climbing specialist ahead of Friday's 18th stage, which is likely to finish in a bunch sprint.

Schleck's last chance to overhaul Contador would be in Saturday's penultimate stage time trial over a 52km-long flat course, a discipline

in which the Spaniard has a far better record.

Barring catastrophe for Contador between Friday and Sunday, and despite Schleck's insistence he will fight to the end, the Spaniard will claim his third yellow jersey after victories in 2007 and 2009.

"There's still some stages left but let's say today it was an important stepping stone (towards the yellow jersey)," said Contador, who played down the fact he has not won any stages this year.

"I didn't have to win stages early in the race like I did last year, even though I was feeling strong. The most important thing was to be strong in the third week when the Tour was going to be decided."

Although Schleck attacked Contador first, at the 10km to go mark, then several times after that the Spaniard made his own bid to drop the Luxemburger with 3.9km remaining.

When Schleck pulled level, he gave Contador an icy stare -- which the Spaniard did not react to.

"Everybody talks about the look, but I've got to look somewhere. I'm battling with Contador, I look him in the eyes," added Schleck.

"When I came back to him, I looked at him and saw he was suffering too and that gave me a bit more confidence."

"I tried to attack him but Andy's reaction showed me he was strong," added Contador.

"But the whole time I was really concentrated, and felt pretty confident. Today I had great legs."

In 2008 Contador did not compete as he turned his attention to the Tour of Italy and Tour of Spain -- both of which he won.

Schleck meanwhile had to be content with his second stage win of the race after he beat Contador by 10secs at Morzine-Avoriaz in the Alps.

"I couldn't drop him but I'm really happy to have won the stage," added Schleck, who despite his inferior record in time trials has not given up hope of overtaking Contador on Saturday.

Another Spaniard, Joaquin Rodriguez of Team Katusha, was third at 1min 18sec, with Canadian Ryder Hesjedal fourth at 1:27, Spaniard Samuel Sanchez fifth at 1:32 and Denis Menchov sixth at 1:40.

Sanchez increased his 13sec lead over podium rival Menchov to 21sec, however the Russian believes his superior time trialling will let him leapfrog the little Olympic champion.

"I'm satisfied with the way things went today. It's a pity I lost a little bit of time to Sanchez, but 21secs is a gap I can easily make up in the time trial on Saturday," said the Rabobank rider, who also finished third in 2008.

O'Neill's hand had been forced because he knows Milner wants to move to big-spending City and, with the 24-year-old refusing to discuss a new contract, he is in danger of being left with an unsettled player.

O'Neill, speaking at a press conference ahead of Villa's friendly with Bohemians in Dublin on Saturday, said: "I had a conversation with James before the World Cup and he intimated that he'd like to go.

"City made an offer but it

Cash-strapped Mallorca banned from Europe

NYON (AFP) - Cash-strapped Spanish league club Real Mallorca, who boast world tennis number one Rafael Nadal as a shareholder, have been banned from this season's Europa League, UEFA announced on Thursday.

European football's governing body said the decision had been taken after Mallorca, who finished in seventh spot in La Liga last season, fell foul of strict financial regulations.

In May, the club went into voluntary administration with debts estimated by the Spanish media at between 50 and 60 million euros.

"At its meeting in Nyon, the UEFA Control and Disciplinary Body decided that the Spanish club RCD Mallorca is not admitted to the UEFA club competitions for the 2010/11 season," said a



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O'Neill tells Milner he can leave Villa

LONDON (AFP) - Aston Villa manager Martin O'Neill has opened the way for James Milner to join Manchester City after telling the England midfielder he can leave if the club gets a suitable offer.

Villa have already turned down one offer for Milner from City in the region of 20 million pounds (30.5 million dollars), but O'Neill is now willing to allow a deal to go through if the Eastlands outfit increase their bid.

O'Neill's hand had been forced because he knows Milner wants to move to big-spending City and, with the 24-year-old refusing to discuss a new contract, he is in danger of being left with an unsettled player.

O'Neill, speaking at a press conference ahead of Villa's friendly with Bohemians in Dublin on Saturday, said: "I had a conversation with James before the World Cup and he intimated that he'd like to go.

"There is still a doubt really as to what is happening to James Milner," O'Neill said.

"There is a difference of valuation at this moment between the buying club and the selling club. That may well be resolved and if that is the case then absolutely fine.

"Although I haven't spoken to James, he has played in the World Cup and the rest really is pretty well straightforward.

"I think James' agent has told our chief executive that he wouldn't be signing a new contract. Obviously that puts a different slant on things, like everything else.

"If a fee is agreed, at the end of the day, the player can leave."

City have already signed midfielders Yaya Toure and David Silva during the close-season and manager Roberto Mancini said this week he would not be rushed in his pursuit of Milner, but the club's Abu Dhabi-based owners will have no trouble finding the cash to land Milner.

"Manchester City have put a valuation on the player," O'Neill added. "It doesn't match our particular valuation but we will see."



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Cabrera keeps Tigers rolling

DETROIT -- On a day when the Tigers were short-handed in their lineup, they still had American League MVP Award candidate Miguel Cabrera. His RBI double in the eighth inning completed a three-hit afternoon and pulled Detroit ahead for good in a 5-2 win over the Blue Jays on Thursday afternoon at Comerica Park.

The win moved Detroit within two games of the idle White Sox in the AL Central.

The Tigers were without Carlos Guillen, out for the day for a personal matter, and struggling rookie slugger Brennan Boesch. They were nearly without Magglio Ordonez, whose sore ankle left

Marlins walk off after another Johnson gem

MIAMI -- Sprinter speed came to the rescue for the Marlins on a day their ace again cemented himself as arguably the best pitcher in the game.

Emilio Bonifacio hit a leadoff triple and scored on Ronny Paulino's walk-off RBI single in the ninth inning, lifting the Marlins to a 3-2 win over the Rockies in front of 29,102 on Thursday afternoon at Sun Life Stadium.

The blazing speed of Bonifacio helped the Marlins claim three of four in the series, including two by walk-off.

The speedster ripped a pinch-hit triple to center off Jhoulys Chacin to open the ninth inning. Cody Ross and Mike Stanton were each intentionally walked, loading the bases. On a 1-0 offering, Paulino singled to center, lifting the Marlins overall record to 47-48.

Even though he didn't get the win, starter Josh Johnson once again was brilliant, striking out 11 in 6 1/3 innings.

Johnson has now gone 13

manager Jim Leyland pondering whether he'd be available to play.

Cabrera, however, proved plenty for Jays pitchers to handle. After John Buck's second-inning homer off Justin Verlander gave Toronto a 2-0 lead, Cabrera added to his Major League RBI lead by singling in Johnny Damon in the fourth inning to halve Detroit's deficit.

After Cabrera doubled leading off the sixth, he came up again in the eighth after Johnny Damon's leadoff walk and Ordonez's single gave Detroit a go-ahead chance. Cabrera swung and missed at two offspeed pitches from

Jays reliever Shawn Camp, but connected when Camp tried to finish him with an offspeed pitch on 2-2. The ball hit the left-field fence on one bounce as Damon came around to score, giving the Tigers their first lead of the afternoon.

Damon's walk saddled Toronto starter Ricky Romero (7-7) with the loss despite seven solid innings in a duel with Justin Verlander. Though Buck's homer was one of four extra-base hits in the first 10 hitters off Verlander (12-5), he settled down to hold Toronto from there in an eight-inning performance that moved him into a tie for the AL lead in wins.

At 120 pitches, Johnson was replaced by Jose Veras, who struck out Clint Barnes. Olivo stole second and pinch-hitter Brad Hawpe walked.

With the bases loaded, Veras had some good fortune when he snared a liner off the bat of Seth Smith that was earmarked for center field, preserving a 2-1 lead.

The Rockies pulled even in the eighth on Jonathan Herrera's double and Jason Giambi's RBI single.

For the third time this season, Johnson reached the double-digit strikeout total. The All-Star's 11 strikeouts were one shy of his career-high of 12 set on April 26 against the Padres. His 120 pitches were the second highest of his career, topped only by 121 on May 29 against the Phillies on the night of Roy Halladay's perfect game.

In the process of racking up a high strikeout number, Johnson's pitch count climbed. He entered the seventh inning with 107 pitches, and exited after yielding a double to Ryan Spilborghs and a flare single to right by Miguel Olivo.

ATLANTA -- Tim Hudson bounced back from the one bad inning that marred his previous start, and Alex Gonzalez contributed a four-hit performance that helped Atlanta gain a lead it wouldn't squander on the way to notching a series victory with Thursday afternoon's 8-0 win over San Diego at Turner Field.

Gonzalez began his afternoon with an RBI single in the two-run first inning that gave Hudson all the support he needed to earn his 10th win of the season.

While helping the Braves leapfrog the Padres and regain the National League's best record, the veteran Hudson allowed just four hits over seven innings.

Showing no hangover effects from Wednesday night's frustrating 12-inning loss, the

Livan goes distance as Nats stifle Reds



CINCINNATI -- Right-hander Livan Hernandez continued his solid work on the mound and helped the Nationals defeat the Reds, 7-1, on Thursday afternoon and split the four-game series.

Hernandez completed his second game of the season and 49th of his career, allowing the one run on seven hits. He struck out five and walked none. Hernandez helped himself with the bat, driving in the second run of the game, a single to left field to score Willie Harris in the top of the second.

Gonzalez powers Braves back to top of NL

Braves victimized Clayton Richard with a two-run first inning that included just two hits -- a pair of singles. Troy Glaus' sacrifice fly scored Jason Heyward, who hustled from first to third base on Chipper Jones' one-out single. After Will Venable dropped Matt Diaz's routine, two-out fly ball, Gonzalez delivered his first RBI since joining the Braves.

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Open champion Oosthuizen keeps up hot streak

STOCKHOLM (AFP) - South Africa's Louis Oosthuizen, who cruised to a seven-shot British Open win at St Andrews last weekend, kept up his hot streak yesterday with a share of the Scandinavian Masters lead.

The 27-year-old carded a five under 67 to share the lead with Australia's Richard Green and Dustin Johnson of the United States after the opening round at the Bro Hof course.

"I had a good sleep, but I woke up tired again and the win has definitely drained me," said Oosthuizen.

"But the crowds were unbelievable, cheering me onto every green and every tee."

"I wanted to play nicely. The last thing I wanted was to put on a bad show."

The Claret Jug holder started with a birdie, followed with eight pars and then came home in a superb 32.

That even included a trip to the water on the long 13th, but he came back from a six there with birdies at the next two and finished in style with a 30 footer for another.

Left-hander Green and Johnson, who led the US Open before a final round slump, kept pace with Oosthuizen.

Green, seeking his third European Tour title, made up for two bogeys with no fewer than seven birdies after changing to a driver brought out to him by a friend.

"My driving was exceptionally good," said Green. "A friend brought one out from the UK that I've used before, so hopefully it will keep working like that."

Among those only a shot behind on 68 are Korean KJ Choi and Scottish Open

champion Edoardo Molinari, who with a top two finish on Sunday could climb into an automatic qualifying spot on Europe's Ryder Cup table.

"I don't put too much pressure on myself to qualify," said Molinari.

"If I make the team great, but if I don't it's still the best year of my career and I won't be upset."

"To make the Ryder Cup is something very difficult, especially considering I was playing The Challenge Tour last year. It would be fabulous, but I don't want to think about it too much."

Gay throws down gauntlet to Bolt and Powell

MONACO (AFP) - American Tyson Gay threw down the gauntlet to Jamaican sprinters Usain Bolt and Asafa Powell by powering his way to victory in the 200m at the IAAF Diamond League meet here on Thursday.

As Bolt and Powell took a break, Gay provided the main focus with the American following his 100m win over Powell in Gateshead earlier this month with a strong performance in the 200m.

Gay arrived in the Principality with the aim of beating his personal best this season of 19.76sec, and he succeeded, clocking 19.72, to finish ahead of Jamaican Yohan Blake (19.78) and American Wallace Spearmon (19.93), despite running into difficulties towards the end.

"I slipped a little, I was too much on the outside. But it's a good time, I wanted to run fast, it's good," said Gay, who is preparing to take on Bolt and Powell in Stockholm on August 6.

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Michael Schumacher sure to drive in 2011

HOCKENHEIM (AFP) - Seven-times world champion Michael Schumacher said on Thursday that he will definitely be racing in Formula One next season and still has his sights set on an eighth world title.

The 41-year-old's best result since returning to the grid this season has been finishing fourth on two occasions.

His teammate and fellow German Nico Rosberg, meanwhile, has been on the podium twice already and out-qualified him in all but two Grands Prix.

Schumacher's disappointing comeback to Formula One has brought about suggestions that he may not see out his three-year deal at

Mercedes, but the German insisted there is no doubt in his mind that he will continue racing next year.

"It is what I mentioned the other day - that I officially publicised when I rejoined F1 - which is to win the title. That is my focus and that is what I am here for," he said.

Schumacher admitted that it was too tall an order to expect to win the championship after a three year break but is confident that he is still capable of winning another world title.

"Am I perfectly happy

with my own performance? That is probably the wrong thing to say," he said.

"There is an expectation out there but you have to be realistic that it is probably impossible to meet. To be out three years and start where I finished in a car that doesn't allow me do it, is unrealistic."

"I will take my time. I enjoy most of it, this process. There are ups and downs and that is part of motorsport. I am very confident I can achieve it, which is what I am focusing on."

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